

HIKING ITINERARY
PREMIERE INN TRIP

BACKROADS
THE WORLD'S #1 ACTIVE TRAVEL COMPANY

Canadian Rockies

BANFF AND YOHO NATIONAL PARKS

TO RESERVE YOUR
TRIP CALL
800-462-2848 OR
SIGN UP ONLINE [HERE](#)



Important Facts
at a glance

6 DAYS, 5 NIGHTS

Click [here](#) for departure dates
and pricing details

ROUTE RATING

Levels 2–4

See [below](#) for details.

**IN BUSINESS FOR
29 YEARS,
BACKROADS IS
RECOGNIZED YEAR IN
AND YEAR OUT AS
ONE OF THE WORLD'S
TOP 10 TRAVEL
COMPANIES BY
TRAVEL+LEISURE**

“This is the way I’ve imagined worlds being born—all mist and shadow and swirl,” muses *National Geographic Traveler*. “There would be peaks appearing and disappearing in wisps of fog, rock walls so impossibly high you’d bow your neck in a posture the opposite of prayer just to see the top. And, below, a lake, its water a shade of blue you thought existed only in dreams.” Join Backroads Trip Leaders, certified Professional Mountain Parks Heritage Interpreters who know the region intimately, and experience the natural grandeur of Banff, Kootenay and Yoho National Parks on an exhilarating hiking journey amid ancient glaciers, dense old-growth forests, majestic snowcapped peaks, hanging valleys and sparkling emerald lakes.

DAY 1

Meet your Backroads Trip Leaders (the folks wearing Backroads T-shirts) at 9 a.m. at the Banff Park Lodge. **Please arrive dressed in your hiking clothes with a daypack handy.** See “Arriving & Departing” for additional logistics information.

SHUTTLE TO KOOTENAY NATIONAL PARK 30 MINUTES

STANLEY GLACIER BASIN HIKE 5 MILES (1,200-FOOT ELEVATION GAIN)

SHUTTLE TO LODGE 45 MINUTES

After a brief trip orientation in Banff, we shuttle west through the Bow Valley toward Lake Louise (check out the animal overpasses on the highway, built to assist wildlife trying to cross) and continue over the Great Divide, which marks the border between Alberta and British Columbia. From here, waters flow east to the Bow River and eventually to the Atlantic, as well as west to the Vermillion, Kootenay and Columbia Rivers en route to the Pacific.

Today we hike in Kootenay National Park, known for its varied climate, diverse topography and wealth of animal species. Atop the rise at Vermilion Pass, you’ll see evidence of the devastating Tokumm-Verendrye fire, which burned nearly 13 percent of the park in 2004. The trail ascends steadily through the remnants of the burn before leveling off. At Stanley Glacier Basin, take in the sight of magnificent Stanley Glacier and the 1,000-foot limestone cliff bordering the southern reaches of the park—the perfect backdrop for a picnic lunch. After making our way back down, we shuttle to our home for the night in Yoho National Park. Toast our first day in the Canadian Rockies at a wine reception before enjoying a delicious meal at the lodge. *Lodging: Cathedral Mountain Lodge*

DAY 2

EMERALD LAKE HIKE 8.2 MILES (970-FOOT ELEVATION GAIN)

SHORTER OPTION: YOHO LAKE 5.2 MILES WITH SHUTTLE (970-FOOT ELEVATION GAIN)

LONGER OPTION: ICELINE AND HIGHLINE 8.6 MILES (1,254-FOOT ELEVATION GAIN)

When this area’s First Nations people wanted to express a sense of awe and wonder, they



Our Accommodations
Premiere Inns

**CATHEDRAL MOUNTAIN
LODGE**

(1 night) Enjoy the grand comfort and cuisine of this timber-framed lodge before snuggling into your well-appointed private log cabin featuring a stone fireplace and spacious deck with inspiring views.

Yoho National Park,
British Columbia

phone: 866-619-6442
or 250-343-6442

www.cathedralmountain.com

EMERALD LAKE LODGE

(2 nights) A secluded turn-of-the-century lodge on a tree-rimmed lake, with delicious cuisine, a gym, sauna and outdoor hot tub.

Yoho National Park,
British Columbia

phone: 800-663-6336
or 250-434-6321

www.cmr.com

POST HOTEL & SPA

(2 nights) Called a “masterwork” by the *Los Angeles Times*, this Relais & Châteaux—member hotel offers a full-service spa and award-winning wine cellar and gourmet cuisine.

Lake Louise, Alberta
phone: 800-661-1586
or 403-522-3989

www.posthotel.com

**EACH YEAR,
3 OUT OF 4 OF OUR
GUESTS HAVE
PREVIOUSLY
TRAVELED WITH US OR
BEEN REFERRED BY
SOMEONE WHO HAS**

used the word *yoho*. Today, as we explore the grandeur of the Yoho Valley (at 4,950 feet), you’ll see exactly what they meant. From near the base of Takakkaw Falls, hike along a series of switchbacks that brings you from the valley floor through forests of spruce, fir and cedar, and across a lush avalanche slope.

The higher you climb, the more spectacular the vistas, opening up to reveal the distant Wapta Icefield and a more revealing perspective on the sublime feathery cascades of Takakkaw Falls. (Takakkaw is the Cree Indian word for “it is wonderful” and accurately describes this dramatic waterfall, one Canada’s highest.)

You can stop for lunch at Yoho Lake, nestled deep within the pass, and take an invigorating dip, if you need a boost to complete the rest of our hike. An optional side trip heads up to the Iceline Trail viewpoint for an even grander look back at the falls and the valley below. From Yoho Pass at an elevation of 6,030 feet, descend to the shore of Emerald Lake and the Emerald Lake Lodge, passing Michael Falls on the way. You can look forward to a well-deserved indulgence at the lodge: kick off your hiking shoes and soothe your muscles in the huge outdoor hot tub surrounded by terrific alpine scenery.

Lodging: Emerald Lake Lodge

DAY 3

EMERALD BASIN HIKE 6.3 MILES (984-FOOT ELEVATION GAIN)

Today we hike to beautiful Emerald Basin. The trail is mostly flat and follows the shore through a dense forest of Engelmann spruce and Western red cedar. After a short climb through a “pocket rain forest,” you’ll wind up in a natural amphitheater—a perfect spot to enjoy your lunch—set within the rugged cliffs of the President Range. Frequent avalanches have cleared away much of the vegetation, and snow can linger here well into the summer. Back at the lodge, a bracing plunge in the lake (if you dare!), canoeing or blissful relaxation might be just the thing before dinner. *Lodging: Emerald Lake Lodge*

DAY 4

SHUTTLE TO HELEN LAKE TRAILHEAD 1 HOUR

HELEN LAKE HIKE 7.5 MILES (1,640-FOOT ELEVATION GAIN)

LONGER OPTION: HIGH RIDGELINE 8.6 MILES (1,800-FOOT ELEVATION GAIN)

SHUTTLE TO POST HOTEL 30 MINUTES

After breakfast, we shuttle to the Helen Lake trailhead on the Icefields Parkway. Prepare for an unforgettable climb high into one of the most beautiful alpine meadow environments in Banff National Park. In peak season, this plateau is carpeted with wildflowers, and marmots often approach within arm’s reach. We begin with a moderate but steady ascent through a subalpine forest along the west-facing slopes of the Bow Valley. The trail soon emerges from stands of Engelmann spruce and alpine fir, providing excellent views across to the Crowfoot Glacier and Bow Lake. Once the trail switches into the amphitheater harboring Helen Lake, it’s not long before you reach the shore, a lovely spot to enjoy lunch. If you’d like, climb farther onto the high ridgeline above for commanding vistas of Katherine Lake and the sea of peaks that compose the Waputik Mountains.

This afternoon we shuttle to the Post Hotel & Spa. A *Travel+Leisure* favorite, with bright red pitched roofs and accented with colorful flower boxes, the hotel is nestled in the alpine village of Lake Louise and has earned a superb reputation for its exceptional service, outstanding cuisine and award-winning wine cellar. *Lodging: Post Hotel & Spa*



Top Reasons Why you should take this trip

We provide a variety of route options so you can do as much or as little activity as you like each day.

■ You'll stay in the area's finest hotels, each carefully selected based on our rigorous quality standards.

■ You'll enjoy the best of the region's cuisine, as well as Backroads' trademark grand picnics.

■ Our Trip Leaders have undergone hundreds of hours of training and are the best in the industry.

**WHEN YOU SIGN UP
FOR A TRIP, YOU'LL
RECEIVE A
COMPREHENSIVE
TRAVEL PLANNER
WITH ALL THE
INFORMATION YOU
NEED TO PLAN
AND PREPARE**

DAY 5

LARCH VALLEY HIKE 5.2 MILES (1,800-FOOT ELEVATION GAIN)

LONGER OPTION: SENTINEL PASS 7.2 MILES (2,380-FOOT ELEVATION GAIN)

Today's hike begins at Moraine Lake and follows a switchback trail to the meadowland of Larch Valley, named for the trees whose needles turn a brilliant gold in the fall, blanketing the valley in a dazzling hue. (To fully appreciate the lake's striking shade of turquoise, be sure to look back from a distance.) Climbing higher, the dramatic sight of Mount Fay and the Wenkchemna Peaks greet you. The latter gets its name from the Stoney Indian word meaning "ten." You might want to stop at Minnestimma Lake for lunch before continuing to the top of Sentinel Pass (8,500 feet) for a stunning panorama of the Valley of Ten Peaks and Paradise Valley. The tall rock spires just beneath the pass are the aptly named Sentinel Towers, popular with rock climbers.

Back at the hotel, indulge in a treatment at the Post's magnificent 3,200-square-foot Temple Mountain Spa—*Travel+Leisure* says the Alpine Aroma-Detox treatment is not to be missed! (Please note that spa treatments aren't included in the trip price; advance reservations are necessary and should be made for after 4:30 p.m.). This evening we savor an elegant meal in the hotel's renowned dining room. *Lodging: Post Hotel & Spa*

DAY 6

PLAIN OF SIX GLACIERS TEAHOUSE 6.2 MILES (1,200-FOOT ELEVATION GAIN)

LONGER OPTION: PLAIN OF SIX GLACIERS TEAHOUSE AND ABBOT PASS VIEWPOINT 8.2 MILES (1,400-FOOT ELEVATION GAIN)

SHUTTLE TO BANFF 1 HOUR

A short shuttle this morning brings us to lovely Lake Louise, a World Heritage site located at 5,680 feet and one of the most photographed areas in the Rockies. You'll understand why when you see the reflection of Mount Victoria in its shimmering blue-green waters. From renowned Château Lake Louise, walk along the shoreline before ascending through the barren rocky landscape created by the Victoria Glacier. Keep an eye out for the mountain goats, pikas and hoary marmots that make their homes in the boulder fields, and be sure to stop and take in the spectacular views behind you.

A 1,200-foot climb brings us to the Plain of Six Glaciers Teahouse, nestled among pine trees with amazing views of Mount Victoria and the six surrounding glaciers. (The teahouse was built in the 1800s by the Canadian Pacific Railway to accommodate the wives of Swiss guides.) After lunch at the teahouse, head back down to the lake. If you're not ready to retire your hiking boots just yet, climb up the narrow ridge to the Abbot Pass Lookout along a trail lit up with dainty yellow columbine and white mountain avens—you'll have fantastic views of the glaciers from here. We shuttle back to Banff this afternoon. Please see "Arriving & Departing" for end-of-trip logistics.

ARRIVING & DEPARTING

Please note that meeting and departing times provided here were current at the time of printing, but are subject to change. **PLEASE DO NOT BOOK YOUR FLIGHTS UNTIL YOU ARE CONFIRMED ON YOUR VACATION AND HAVE VERIFIED THE DETAILS OF ARRIVING & DEPARTING WITH YOUR**



Backroads' route rating system is the most comprehensive and accurate in the travel industry. To find out how these ratings translate into varying levels of physical challenge and activity, please visit our Web site www.backroads.com and select the route rating button for the trip of your choice.

LEVEL 2
5-7 miles/day
2-4 hours/day

LEVEL 3
7-9 miles/day
3-5 hours/day

LEVEL 4
9-11 miles/day
4-6 hours/day

**ASK FOR REFERENCES
FROM PAST GUESTS
WHO HAVE TAKEN THE
TRIP THAT INTERESTS
YOU**

TRIP CONSULTANT.

NOTE: As of January 8, 2007, U.S. citizens must have a valid passport for all air travel between the U.S. and Canada. As early as January 1, 2008, a passport will also be required for land and sea crossings (including ferries).

MEETING TIME AND LOCATION

On the first day of the trip, meet your Backroads Trip Leaders at 9 a.m. at the Banff Park Lodge. The lodge is located at 222 Lynx Street in Banff (phone: 403-762-4433). **Please arrive dressed in your hiking clothes with a daypack handy.**

Because the trip meeting time is early, you should arrive in Banff at least one day before the trip starts; it may also be necessary to schedule your return flight for the day after your Backroads trip ends.

CONCLUSION OF THE TRIP

Our trip ends in Banff with drop-offs at the Banff Park Lodge, Fairmont Banff Springs Resort and the Rundlestone Lodge between 4 and 5 p.m. Because of the time required to travel from Banff back to Calgary (2 hours), you should schedule your return flight for at least one day after the trip ends. (See "Where to Stay Before & After Your Trip" for suggested hotels in Banff.)

FLIGHT ARRANGEMENTS

We recommend flying into Calgary International Airport (airport code: YYC) in Calgary, Alberta. For help arranging air transport to and from your Backroads trip, please work with your own travel agent, the airline directly or an online travel site. For assistance locating a travel agent please visit www.backroads.com/gettingthere. (Note that most travel agents and online travel sites charge a fee for their consulting services.)

TRANSPORTATION BETWEEN CALGARY AND BANFF

The prices and schedules listed were accurate at the time of this printing but are subject to change; they may also be subject to a 6 percent Canadian Goods and Services Tax (GST). (See "Essential Information" for more about this tax.) Please call the companies directly for the most current information.

All prices given are in U.S. dollars; as of August 2007, U.S. \$1.00 = 1.08 Canadian dollar. For the most up-to-date exchange rate, please check with your bank, a newspaper or online at www.xe.net (Universal Currency Converter).

Not all of the following options will work if you're arriving in Banff on the day the trip starts; we list them for your convenience if you're traveling to Banff a day or more before the trip starts.

- **Banff Airporter** (888-449-2901 or 403-762-3330; www.banffairporter.com) has multiple daily departures from the Calgary airport to Banff. Travel time to Banff is about 2 hours. One-way tickets are approximately \$48. Reservations are recommended.
- **Brewster** (800-760-6934 or 403-760-6934, www.sightseeingtoursCanada.ca) has two daily departures (12:30 and 6:30 p.m.) from the Calgary airport to Banff. Travel time to Banff is 2 hours; you can request to be dropped off at your hotel. One-way tickets are approximately \$48. Reservations are recommended. Shuttles to Lake Louise also depart at 12:30 and 6:30 p.m. Travel time is 3½ hours and one-way tickets will cost about \$57.



Note

While the information presented here details this trip's planned routes, activities, accommodations, meeting and departing times, we are constantly seeking new opportunities to enhance this itinerary and your experience. Naturally, we will keep you up to date on any changes that may affect your arrival, departure or lodging.

ORGANIZE A BACKROADS PRIVATE TRIP FOR YOUR FAMILY, FRIENDS OR COLLEAGUES FOR THE TRIP OF A LIFETIME

- Sun Dog Tour Company (888-786-3641 or 780-852-4056; www.sundogtours.com) offers year-round charter service between Calgary, Banff and other Alberta destinations. Their charter transfers from the airport include a meet & greet service, all baggage handling, beverages and reading material on route and of course, door to door service. (The cost for transportation from Calgary to Banff is \$230 plus tax for up to four people with one suitcase each; \$310 plus tax for a group of 5 to 10 people.) Please contact Sun Dog Tour Company for reservations and more information.

CAR RENTAL AGENCIES

Rental cars are available through companies in Calgary, Banff and Jasper, including Hertz (800-654-3001; www.hertz.com), Avis (800-331-1212; www.avis.com) and National (800-227-7368; www.nationalcar.com). One-way rentals are possible for a drop-off fee.

DRIVING DIRECTIONS TO BANFF

Banff is located about 80 miles (1½-2 hours by car) west of Calgary off Trans-Canada Highway 1. Follow highway 1 West to Banff National Park. Take the second Banff exit, which is Banff/Mount Norquay. At the end of the exit, turn left and cross over the highway. After crossing the train tracks and passing the hospital, you will find the Banff Park Lodge after the first traffic light on your right hand side.

The Banff Park Lodge is located at 222 Lynx Street (Mount Norquay turns into Lynx Street after the light). If you're staying at the lodge pre- or post-trip, you can park your car for \$7.95 per day. Note: Banff Townsite is located within Banff National Park. A permit is required to enter the park. Please see "Banff National Park Fees" (on page 12) for additional information.

Hotel Room Rate Guide (U.S. dollars per night)
Up to \$100 ◆
\$101-200 ◆◆
\$201-300 ◆◆◆
\$301-500 ◆◆◆◆
\$501 and up ◆◆◆◆◆

WHERE TO STAY BEFORE & AFTER YOUR TRIP

SUGGESTED ACCOMMODATIONS

For help arranging pre- or post-trip hotels in conjunction with your Backroads trip, please work with your travel agent or the hotels directly. For assistance locating a travel agent please visit www.backroads.com/gettingthere. (Note that most travel agents charge a fee for their consulting services.)

Of course, we also recommend extending your stay at any of the hotels that we visit on this trip; see the sidebar above for details.

In addition, while Alberta has no shortage of comfortable hotels, it is also full of wonderful bed and breakfasts with gracious and resourceful proprietors who can make your stay that much more pleasurable. Please visit the Alberta Bed & Breakfast Association's Web site at www.bbalberta.com for more information.

Please refer to the Hotel Room Rate Guide in the sidebar for starting double-occupancy rates. Note that the chart reflects the Internet and/or Best Available rates, which were accurate at the time of printing, but hotel rates are always subject to change.

Keep in mind that the 2008 Calgary Stampede takes place July 4-13; rooms in Calgary and Banff sell out many weeks in advance for this period.

CALGARY

THE FAIRMONT PALLISER

Built in 1914, the regal Palliser is steeped in history yet in keeping with its status as a 21st-century luxury hotel, thanks to a recent \$30 million renovation. The hotel's décor is a combination of traditional styling with rich accents such as plush down duvets and sumptuous fabrics in each of the Queen Anne-styled rooms. With its location in the heart of Calgary, the hotel is ideally situated for you to discover the warmth of the city as well as its thriving cultural scene. 133 9th Avenue SW; Phone: 800-257-7544 (reservations) or 403-262-1234; www.fairmont.com/palliser; 405 rooms. Rates: ♦♦♦♦

CALGARY MARRIOTT

Located in the heart of downtown Calgary near restaurants, galleries and shopping, the Marriott offers spacious guest rooms with great views. Its central location makes it the perfect place from which to explore the city's cultural, commercial and natural attractions. 110 9th Avenue SE; Phone: 800-896-6878 or 403-266-7331; www.marriott.com; 374 rooms, 10 suites. Rates: ♦♦♦

DELTA CALGARY AIRPORT

You'll find the newly renovated Delta Calgary Airport, Calgary's only airport hotel, on the departures level in the Calgary International Airport. Set on the banks of the Bow River, among the rolling foothills of Alberta and with the Canadian Rockies in perfect view, the hotel's location is both convenient and scenic. Two restaurants, an indoor pool and easy access to numerous attractions including golf courses and the [Aero Space Museum Association of Calgary](#) make your visit relaxing and hassle-free. An added convenience: the bellman will transport luggage from your room to the airport check-in counter. 2001 Airport Road NE; Phone: 877-814-7706 or 403-291-3419; www.deltahotels.com; 296 rooms. **Special Backroads Savings: E-mail akennedy@deltahotels.com to reserve a double room for \$156 CAN per night (\$192) from July 4-13, the week of Stampede.** Rates: ♦♦♦

HYATT REGENCY CALGARY

With views of Stephen Avenue Walk, a lively pedestrian mall lined with quaint restaurants, pubs, theaters, museums and shopping, the Hyatt is a convenient choice for your stay in Calgary. End days of exploring with a visit to the hotel's Stillwater Spa, the city's premier spa. 700 Centre Street SE; Phone: 888-591-1234 or 403-717-1234; www.hyatt.com; 355 rooms. Rates: ♦♦♦

5 CALGARY DOWNTOWN SUITES & SPA HOTEL

Located in the Eau Claire district, within walking distance of excellent shopping and charming cafés, this hotel provides one- and two-bedroom suites with a multitude of amenities. The fitness center features a seasonal swimming pool, steam room, sauna and outdoor patio. Laundry facilities and a complimentary hot breakfast buffet are available to all guests. 618 5th Avenue SW; Phone: 888-561-7666 or 403-451-5551; www.5calgary.com; 302 suites. Rates: ♦♦

CITY VIEW BED & BREAKFAST

True to its name, this inn offers lovely views of Calgary and the neighboring Canadian Rockies from its lofty perch on Scotsman's Hill. Inside the inn, a fireplace and baby grand piano make for an inviting lobby; at its doorstep lies the Elbow River Walkway, a

charming municipal path that leads through Stanley Park and to downtown Calgary. 2300 6th Street SE; Phone 403-237-0454; www.calgarycityview.com; 2 rooms, 1 suite. Rates: ♦

BANFF

BANFF PARK LODGE (OUR MEETING LOCATION ON DAY 1 AND A DROP-OFF LOCATION ON DAYS 6)

Located within walking distance of the heart of Banff and all of the shops and restaurants it has to offer, Banff Park Lodge is a great place to begin exploring not only this charismatic town, but the surrounding wilderness as well. If you favor fishing or canoeing, you'll appreciate the lodge's proximity to Bow River, only a few steps away. 222 Lynx Street; Phone: 800-661-9266 or 403-762-4433; www.banffparklodge.com; 211 rooms.

Mention you're traveling with Backroads to receive a special discounted rate. Rates: ♦♦♦

THE FAIRMONT BANFF SPRINGS RESORT (A DROP-OFF LOCATION ON DAY 6)

Offering magnificent panoramic views, gracious hospitality, luxurious guest rooms and a world-renowned golf course, this resort lives up to its philosophy to "earn the loyalty of our guests by exceeding their expectations and providing warm and personal service in distinctive surroundings." Not only has this prestigious hotel been praised by *Condé Nast Traveler* and others for its outstanding accommodations, it's also been commended for a strong commitment to the environment. 405 Spray Avenue; Phone: 866-257-7544 (reservations) or 403-762-2211; www.fairmont.com; 770 rooms. Rates: ♦♦♦♦♦

THE RIMROCK RESORT HOTEL (A DROP-OFF LOCATION ON DAY 6)

Earning a spot on *Condé Nast Traveler's* Gold List and a *Travel+Leisure* World's Best award winner, this prominent resort offers sweeping views of the Bow Valley, Spray Valley and Mount Rundle, complete with snowcapped peaks and lush green meadows. Elegantly appointed in dark wood furnishings and vibrant colored fabrics, the guest rooms offer a peaceful refuge after a day of exploring the World Heritage site of Banff National Park. And if you prefer to dine in, the resort has two restaurants: Eden (AAA 5-diamond rating) for elegant cuisine and the Primrose Restaurant for more casual dining. Mountain Avenue; Phone: 800-661-1587 or 403-762-3356; www.rimrockresort.com; 346 rooms. Rates: ♦♦♦♦♦

BANFF CARIBOU LODGE & SPA

With proximity to all of Banff's attractions and radiating a traditional alpine lodge ambience, this comfortable property is adorned in country pine furniture and brightly colored fabrics. The lodge has recently opened its new health club, which features a 35-person jetted hot tub as well as exercise equipment, and the holistic Red Earth Spa. After a day exploring Banff, you can look forward to relaxing with a soothing massage or warming up by the fireplace with a good book. 521 Banff Avenue; Phone: 800-563-8764 or 403-762-5887; www.bestofbanff.com; 189 rooms, 6 suites. **Special Backroads Savings: 10% off Best Available Rate for the dates of your stay. Mention you're a Backroads guest when you call, or book online:** Click on "promotion code," select Banff Caribou Lodge and enter promo code "backroads." (If the lodge is full, the rate will be honored at its sister property, the Banff Ptarmigan Inn.) Rates: ♦♦♦

BUFFALO MOUNTAIN LODGE (A DROP-OFF LOCATION ON DAY 6)

If you've imagined yourself in the Canadian Rockies lounging by a large stone fireplace, this quintessential lodge is sure to meet your expectations. Simple and elegant in design,

Buffalo Mountain is built with a square timber post-and-beam construction featuring soaring high-pitched roofs and handmade pine, cherry and willow furnishings. For an extra-romantic stay, request a premiere guest room with a wood burning fireplace, heated slate floor and clawfoot tub. Tunnel Mountain Road; Phone: 800-661-1367 or 403-762-2400; www.buffalomountainlodge.com; 108 rooms. **Special Backroads Savings: 10% off the rack rate for the dates of your stay.** Rates: ♦♦♦

RUNDLESTONE LODGE (A DROP-OFF LOCATION ON DAY 6)

With an architectural style reminiscent of a classic European mountain lodge, the Rundlestone is a comfortable and welcoming place to begin or end your exploration of the Canadian Rockies. A large stone fireplace, rich colors, cozy furnishings and alpine-inspired décor welcome you in the main lobby. Guest rooms are similarly appointed and, while basic, offer plenty of amenities. A health club, well-regarded restaurant and convenient location make the Rundlestone a good choice for your stay in Banff. 537 Banff Avenue; Phone: 800-661-8630 or 403-762-2201; www.rundlestone.com; Let the reservationist know you're a Backroads guest.; 96 rooms. **Special Backroads Savings: 12% off the Best Available Rate for the dates of your stay.** Rates: ♦♦

LAKE LOUISE

CHÂTEAU LAKE LOUISE

You would be hard-pressed to find a more magnificent setting than that of Château Lake Louise—and readers of *Travel+Leisure* agree, naming it to the magazine's World's Best list for 2007. Upon arriving at the impressive château, you'll be immediately captivated by the intensity of the vibrant aqua-colored glacial-fed Lake Louise, as well as the majestic snow-covered peaks. To fully appreciate this inspiring "Jewel of the Rockies," you can paddle a canoe on the lake or stroll its shores, hike the neighboring trails, try out the world-famous golf course or simply soak up the scenery on one of the hotel's inviting decks. When booking, ask for one of the spacious rooms in the château's Mount Temple wing. 111 Lake Louise Drive; Phone: 800-257-7544 (reservations) or 403-522-3511; www.fairmont.com; 487 rooms. Rates: ♦♦♦♦♦

DEER LODGE

History meets modernity at the rustic Deer Lodge, originally a teahouse for early mountaineers. Even though it's only a short walk to Lake Louise, the lodge still manages to offer a sense of privacy, a peaceful oasis where you can enjoy a truly relaxing vacation or retreat after an activity-filled day. Bright cozy rooms feature feather comforters and teahouse-era antiques. Take in the incredible mountain views from the rooftop hot tub or curl up with a book in the log-and-stone sitting room. Television is not available to distract you here. 109 Lake Louise Drive; Phone: 800-661-1595 or 403-522-3991; www.cmr.com/lodgedeerlake.html; 73 rooms. Rates: ♦♦

JASPER

JASPER INN

Jasper Inn offers alpine comfort amid the spectacular setting of Jasper National Park, the perfect place for both adventure and repose. Hotel amenities include a casual restaurant, indoor pool and Jacuzzi. 98 Geikie Street; Phone: 800-661-1933 or 780-852-4461; www.jasperinn.com; 144 rooms. Rates: ♦♦♦

ALPINE VILLAGE

Located on the Athabasca River in Jasper National Park, Alpine Village features 40 charming log cabins situated throughout a pine forest. These cozy accommodations include fieldstone fireplaces and private decks for enjoying the mountain air and watching for wildlife; the larger cabins have fully outfitted kitchens. Soaking in the 16-foot hot tub with views of the river is a delightful way to cap off any day. Highway 93A; Phone: 780-852-3285; www.alpinevillagejasper.com; 40 cabins. Rates: ♦♦ (minimum 3-night stay during high season)

ATHABASCA HOTEL

Minutes away from shopping, restaurants and spectacular scenery, this homey retreat in the heart of Jasper is a great base from which to explore the area. Newly renovated rooms, available to suit every taste, provide comfort and relaxation at the end of days spent outdoors. 510 Patricia Street; Phone: 877-542-8422 or 780-852-3386; www.athabascahotel.com; 61 rooms. Rates: ♦♦

We hope you've found this information useful, but nothing substitutes for speaking with one of our experienced Trip Consultants. Please call 800-462-2848 Monday-Sunday, between 7 a.m. and 5 p.m. Pacific time.